

**A**s fall draws in and the APS is over, the WCWO and I would like to take this opportunity to welcome all those families posted in to the 9 Wing Gander family. Being new to the Wing myself and on my 8th posting, moving seems to be a way of life. Hopefully your move was as painless as possible and your families are settling in to day-to-day life in Gander.

It has been a very busy period for the Wing in the past few months. There has been a great deal of changes with the closing of Wing Headquarters building in the spring and the resulting relocations. We are now seeing some of the “semi-permanent” moves taking place as the Rangers have completed their move to the Old Navy Site and Air Reserve Flight and Ground Training members move into Building 110. It will be good to see things settle a little and for personnel to be able to focus on the daily business of the Wing.

Although we have secured funding for new infrastructure on the Wing such as a new HQ and W LEO buildings, we need to push the system for more improvements. We must forge ahead to make conditions for members and their families better during their stay at 9 Wing Gander. Our Wing is considered a modest Wing and as such many of the amenities enjoyed at larger Wings are not available here. We will try to address these deficiencies



*Taken at the Thomas Howe Demonstration Forest by Nuala Snowden*

in the future. One issue being pushed is the presence of a CANEX outlet here in Gander. We believe that the Wing is making ground in this area and that a CANEX outlet may be possible for 9 Wing in the near future.

It has been a very quick start since the WCWO and I joined the Wing and with SAREX 09 behind us, and a resounding success I might add, I can see that 9 Wing Gander works as a cohesive team focused on the goals at hand. Our team, made up of military members, civilian workers and, very importantly, our family, work extremely well together. My family and I look forward to becoming part of this team and together with you advancing the operational and family focus of this Wing.

CM Conway  
LCol  
Wing Commander  
9 Wing Gander

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# Message from the Board of Directors

**THE PURPOSE:**

The purpose of the Gander Military Family Resource Centre is to provide services, programs and resources which will improve the quality of family life and strengthen our military community.

**BOARD MEMBERSHIP:**

- Chairperson - Lori Isenor
- Vice Chair - Karen Keough
- Treasurer - Linda Maxwell
- Secretary - Vacant

**MEMBERS:**

- Veronique Tessier
- Caroleann Reid
- Tina Gores
- Crystal Duguay
- Leslie Schriener
- Krista Hogan

**EX-OFFICIO:**

- Peggy Blake  
(Executive Director)

**GMFRC STAFF:**

- Peggy Blake
- Executive Director.....256-3233
- Nuala Snowden
- Social Worker/
- Emergency Childcare.....256-3642
- Danielle St-Pierre
- Information/Employment/SLT.....256-3599
- Colleen Hiscock
- Volunteer / Quality of Life.....256-3616
- Nancy Critchley
- Children & Youth..... 256-3561
- Wanda Kearley
- Children & Youth Assistant.....256-3561
- Caroleann MacWhirter
- Deployment.....256-3590
- Lori Robillard
- Accounting/Office Manager.....256-2971
- Patti Griffin
- Military Family Outreach Services
- Corner Brook Satellite.....(709) 637-4591

Call the Centre at  
(709) 256-2971 / 256-3233  
Business Hours  
8:30 - 16:30  
Monday to Friday  
Website: gandermfrcc.ca



Wow...where did the summer go? It seems like it was yesterday and we were planning our vacations, buying sun screen and bug spray and enjoying BBQ's in the backyards. Now, summer has come and gone... and another posting season as well. We've said good-bye to some good friends, families and volunteers at the Gander Military Family Resource Centre (GMFRC) and are now welcoming new families to Gander.

To the new families of 9 Wing, I hope that your move was uneventful and that you are enjoying your new posting to Gander and with any luck you and your family will get a chance to explore this beautiful province before you leave it.

As Chair on the Board of Directors for the GMFRC I encourage you to visit the Centre where you'll find a very friendly staff willing to assist you and your family in any way that they can. While at the GMFRC check out what programs and services we offer. I'm sure you'll find something that suits your needs.

During this APS we lost a number of Board members. A volunteer Board of Directors is essential in the operations of a Military Family Resource Centre, being "run for the families by the families". So I ask if you have some spare time and think you would be interested in volunteering, please pick up an application at the Centre. Ask a present BOD member what it's all about or email [gandermfrccboard@gmail.com](mailto:gandermfrccboard@gmail.com) , we would be very happy to have you!!!

I look forward to seeing some new faces at the Board table and around the Centre!!!

Lori Isenor,  
GMFRC Board of Directors Chair

## Annual General Meeting

### 25 October, 2009

### 14:30 hrs at the Gander Legion

# From the Desk of the Executive Director

## WELCOME TO GANDER

Peggy Blake

I would like to take this opportunity to welcome all new families to our military community at 9 Wing, to the beautiful community of Gander, and to the great province of Newfoundland and Labrador. To those of you who are originally from our province: Welcome Home! It must be great to be back with your family and friends. To those of you who are CFA'S (Come From Away): Welcome to our beautiful town and province. I trust that your move went well, and you are all settled into your new home.

Be sure to check out all the great things that Gander has to offer you and your family, but don't forget to visit the rest of the province as well. Check out the icebergs in Twillingate in the spring, take a trip to the west coast to experience the breathtaking beauty of Gros Morne National Park, or go skiing at Marble Mountain; and don't forget to visit our east coast where you can go whale watching in the summer, visit the Trinity Pageant, and experience the charm (and the shopping!) of St. John's, the oldest city in North America. I know that you will enjoy your time here, and will leave us with many wonderful memories.

We will be publishing a quarterly newsletter to keep you informed of all the programs and services we will be offering at the Centre. If you have any suggestions for program ideas, we'd love to hear from you. And if you're wondering if a service or program is available in Gander, just give us a call, or drop by and we'll answer those questions for you. We are your Military Family Resource Centre. We are here to support you and your family in any way we can. Again, welcome to Gander and I look forward to meeting you at the Centre.

### Join the Conversation on Canadian Forces Family Policy

Do you have unique perspectives and skills to contribute to Canadian Forces (CF) family policy? Then Director Military Family Services (DMFS) wants to hear from you!

We're looking for a specialized group of volunteers to serve on the inaugural National Military Family Council. This new council will bring the voice of families into conversation with the senior military leadership. The council will be responsible for leading discussion and providing feedback to the Armed Forces Council on systemic issues for families.

Part of DMFS, the soon-to-be established CF Family Secretariat will compile and respond to issues raised by families, and make the National Military Family Council aware of systemic concerns and national interests. The senior leadership of the CF

will also raise issues to the National Military Family Council for their feedback. This structure will allow the National Military Family Council to consider the big picture for families, while rooting their discussion in tangible concerns.

Volunteers sitting on the National Military Family Council will be dynamic, well-informed, and policy-minded. We're looking for military family members from all walks of life, including but not limited to spouses, parents, and adult children of CF personnel. We're looking for volunteers who are involved in their communities, and who have some experience or interest in policy development and analysis.

Participating in the National Military Family Council will give volunteers a unique opportunity to develop their professional skills while contributing to their CF community. Volunteers will be required to travel at least twice per year for meetings in

Ottawa, as well as participate in regular teleconferences and/or virtual meetings. Council members will serve one or two year terms to ensure that the group will retain expertise while welcoming new participants.

Would you or someone you know like to join the conversation about CF family policy? Please forward this link to the great military family members you know. You can also direct family members to our ad on <http://www.charityvillage.com>.

Please send all inquiries and résumés to LCol Cheryl Baldwin at [nmfc@cfpsa.com](mailto:nmfc@cfpsa.com) by 2 November 2009. We thank all applicants for their interest, however only those selected for an interview will be contacted.

You or someone you know can make a difference in this exciting new initiative. Let's start the conversation.

# Quality of Life

COLLEEN HISCOCK 256-3616

## 9 Wing "Grand Night Out"

The "GNO" committee extends an invitation to all associated with 9 Wing to join us at these monthly functions. These functions are planned and implemented by a dedicated committee of volunteers. Following are the upcoming functions for the fall:

### Silent Auction & Bingo

Wednesday, 4 November  
7:00 pm

Arts & Culture Centre Art Gallery  
Cost: \$2 + your item to be auctioned (\$2 gets you two Bingo cards...extra cards are .50 each). Prizes for Bingo will consist

of Christmas ornaments and stocking stuffers. Please bring your own Bingo dabber.

There will be snacks and a door prize. All proceeds from the Silent Auction will be donated to the 2009 "Angel Tree Campaign" in aid of needy children. Bring an item to be auctioned, a craft, a Christmas ornament, baked good or preserves. All new items are welcome. If you will be attending, please call the GMFRC at 256-2971. If you are unable to attend and you would like to make a donation, please call Colleen at 256-3616 and we will make arrangements to pick up your donation.



## Christmas Potluck & Ornament Exchange

Wednesday, 2 December  
Arts & Culture Centre Art Gallery  
6:30 for 7:00 pm

Cost: Free except for your potluck dish and Christmas ornament (ornaments should not be more than \$10 and should be gift wrapped). There will be a door prize. Please bring a serving utensil.

## "Death by Chocolate"

February 6, 2010

Location and other details TBA

## Scrapbooking Sessions

If you are like lots of scrapbookers, space is a problem, time is a problem and sometimes the children are a problem to getting right down and dirty into your scrapping project. Why not meet us at the Arts & Culture Centre Board Room, set out your photos, pages, paper and adhesive and scrapbook away the evening. Come see a "Making Memories" Slice Machine in action or bring along a tool to share. These sessions will be open to all of our military community and you may invite a civilian friend. And don't only think you can scrapbook! If you have any unfinished craft projects at home,

painting, quilting, knitting...you name it...if it's unfinished, bring it along! Coffee/tea and a treat will be on hand. Please remember to bring along **all** supplies/materials you will need to work on your projects.

We have reserved the following evenings for these crafting sessions and all sessions will be held at the Arts & Culture Centre Board Room from 7 – 10 pm.

Wednesday, 21 October  
Wednesday, 18 November

We look forward to seeing you!

## "Support Our Troops" Pendant & Earrings

We are now taking names for those who would like to make these very appropriate "Support Our Troops" pendant and earrings. These pieces are gold filled with Swarovski crystals. These lovely pieces are being brought to us by Kim Van Luven.

This session has been previously advertised, however had to be postponed. Participants will be advised of the new date when decided.

Where: Arts & Culture Centre Board Room

When: To be announced

Time: 7:00 – 9:00 pm

Cost: \$20 pendant & earrings

\$25 pendant/earrings & leather cord

Participants are required to bring needle nose and curved nose pliers and a small hammer.

Payment can be made to Kim that evening.

To register, please call Lori at 256-2971.

Space is limited (maximum 10 participants), so book early to avoid disappointment.



# Quality of Life

COLLEEN HISCOCK 256-3616

## Coffee Downtown

The GMFRC will again be taking our coffee break downtown each month throughout the fall. We will meet at Giovanni's on the corner of the town square from 9:30 – 10:30. Limited childcare is available at the Centre at 119 Sullivan Avenue, however, please remember you must call in advance to reserve space for your child/children. So come on out, take a break from the house, away from the housework and take a little breather from the children and meet us at Gio's for one of their specialty coffees, yummy buns or decadent pancakes. Please keep in mind that the cost of your coffee and treats are on you!



Thursday, 29 October

Thursday, 26 November

December location will be Sinbad's for breakfast – Date TBA

## Time for Me at the GMFRC

With the children back at school and summer a past memory, why not meet us each Tuesday morning from 9:30 – 11:30 at Time for Me at the GMFRC (well not really at the GMFRC) for a bit of "me" time. This program is geared towards you, the military spouse as the name indicates. We invite



you to bring along any unfinished craft projects to work on or just come and join us for a coffee, some treats and a chat. This is a great time to get reacquainted after the summer and for you newcomers a wonderful way to meet some spouses who share common experiences or just to make some friends.

To make it easier to attend, limited childcare is available at the GMFRC (119 Sullivan Avenue), however, you must register your child/children in advance by calling Lori at 256-2971.

With the recent relocation of the GMFRC and our very limited space, this program will take place at the Arts & Culture Centre

Board Room each Tuesday from 9:30 – 11:30.

If you would like additional information, please call Colleen at 256-3616.

We hope you can join us!

## Program Attendance by Civilians

For the majority of the adult programs offered by the GMFRC such as "Grand Night Out", crafts, information sessions, etc., attendees are welcome to sponsor a civilian friend. If you are unsure about sponsoring a civilian friend when you see a program advertised, just give us a call at 256-2971 for clarification.

## Pap Smear Clinic Information

The Central Cervical Screening Initiative is a program that encourages and arranges pap smear clinics. This program can be especially beneficial to those who have been unable to obtain a family doctor. These clinics are held when enough names have been submitted. As Newfoundland has the highest rates of cervical cancer in the country, the importance of screening cannot be stressed enough. To place your name on the wait list for this minor, yet life saving procedure you may call Carmen Pritchett at 651-6224. Women who have had previously abnormal cells are especially encouraged to avail of this service.



**For further information  
and to register to any of  
the GMFRC's programs,  
please call 256-2971**

# Volunteers' Corner

COLLEEN HISCOCK 256-3616

## 2009 Angel Tree Campaign



Each year volunteers of the GMFRC head up a Christmas toy drive in conjunction with the Salvation Army and the VOCM Happy Tree. This campaign proves to be very successful in the collection of gifts/gift cards/cash for distribution to underprivileged children in Gander and area. Volunteers produce hand made craft angels as a way to thank those who so generously give to this venture.

This year because of our lack of storage space we have decided to make changes to the

“Angel Tree Campaign”. We are for **this year only**, requesting that donations be made in the form of cash and gift cards. All cash donations received are used to purchase Christmas gifts for children. Donations can be made by individuals, groups or units.

To assist us in this very worthwhile cause we will be asking for a representative from each section to collect funds. Table top trees will be provided and these trees will be decorated with the craft angels to be given to those who give. These representatives will also be provided with a donor sheet which will be forwarded to the Salvation Army so they can in turn issue tax receipts.

If you would like to assist the GMFRC in this venture, please contact Colleen 256-3616 or by email and she will ensure you receive all required information and items.

As an indication of the success of this campaign, in 2008 9 Wing Gander, NavCanada and Service Canada contributed 235 gifts and \$846 in cash and gift certificates/cards for distribution to children at Christmas.

The GMFRC will again look forward to your continued support in its effort to improve the quality of life for underprivileged children at Christmastime.

Please be a “child’s angel” at Christmas

## Volunteer Planning Meetings

The following is the schedule for our Volunteer Planning Meetings for Fall 2009:

**Wednesday, 30 September**

**Wednesday, 28 October**

**Wednesday, 25 November**

With the renovations to our building underway, these meetings will be held in the Arts & Culture Centre’s Board Room, the last Wednesday of each month from **9:30 – 11:30 am**. Limited childcare is available at the GMFRC on Sullivan Avenue for you to attend, however, you must register your child/children in advance...space is limited. If you would like more information about these meetings or our volunteer program, please feel free to give me a call at 256-3616 or feel free to join us at one of our meetings. All are welcome.

## In Flanders Fields

by John McCrae, May 1915

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.



# EMPLOYMENT ASSISTANCE

DANIELLE ST-PIERRE 256-3599

## Employment Services available at your GMFRC

The Spousal Employment Assistance Program recognizes the challenges facing military spouses upon relocation, work re-entry, job market limitation, etc. and therefore has in place many services that will attempt to alleviate these challenges. Some of these services are:

- Resume and Cover Letter writing one-on-one.
- Interview Preparation.
- Resume and Cover Letter writing workshop.
- Skills Identification.
- Labour Trends.
- Resource Library.
- HRDC Advocacy.
- Current Job Bank Board.
- Continuing Education Assistance.
- One-on-One Computer assistance.

Call your Employment Assistance Coordinator to make an appointment at 256-3599

## BURSARY ELIGIBILITY CRITERIA

The purpose of the Wing Fund is to provide morale and welfare programs and resources which will enhance the quality of family life for Wing members and their families. To the furtherance of this mission, the Wing Fund is pleased to introduce an annual education bursary for eligible military spouses and youth dependants.

### CRITERIA:

- Bursaries are available to all Wing Team members; CF Reg and Res, DND, NPF and MFRC employees, spouses and dependant family members.
- Bursaries are available to only one family member per year.
- Bursaries must be used within the year they are awarded.
- All applicants must document bursary needs through the submission of a completed and signed application form to the Wing Fund Bursary Committee.
- A Personal Statement must accompany application forms. The Personal Statement should describe your interests; community involvement, long term academic and career goals; and any other

information to support your request. (Maximum 2 pages)

- Proof of expenditure on Bursary eligible expenses within Financial year is required.

### ELIGIBLE EXPENSES:

- College or University courses or programs.
- Trade, Technical courses or programs.
- Certification programs.
- Upgrade courses for existing certification.

Bursary program is limited to \$500 for the entire Wing. We are unable to assist all deserving applicants. All applicants will be notified in writing of the results of their application.

Information collected by the Wing Fund Committee will be used solely for the Bursary program under strict confidentiality in compliance with the Privacy Code.



**APPLICATION DEADLINE  
FOR THE NEXT SELECTION  
WILL BE AUGUST 1ST, 2010**



## Wing Education Bursary

The selection committee of the 9 Wing Education Bursary sat in August to decide the successful applicant for this year's competition. 2009 was the second year for the bursary and 9 applications were received for the \$500 award. The committee was looking for community activity, academic and career goals and overall effort put into the application. Following a lengthy selection process Kathy Dreddy, daughter of MCpl Harold Dreddy was selected to receive all \$500 of the bursary. The program will be advertised in early 2010 with a closing deadline of 1 Aug. For more information contact Danielle St-Pierre at the MFRC or Nigel Summers at PSP.



# Deployment Support

CAROLEANN MACWHIRTER 256-3590

## Deployment Support Programs Available

### Coffee Nights

Get together with a great group of families on a monthly basis; these coffees are a great way to stay connected while your CF member is away from their family for a duration of time. A series of guest speakers, educational presentations on deployment success and information on how to help your children deal with the absence of a loved one are all topics that will be covered. Looking forward to seeing you there.

### Support Groups in Outreach Areas

If you are deploying and have a family member who is living in Central Newfoundland contact the Gander Military Family Resource Centre for information on our Outreach Programs. Support Group meetings are regularly offered in different outreach communities across the region to help families cope with the stresses of deployment. If your Mom and Dad are in our area of support, contact Caroleann MacWhirter, Deployment Support Coordinator 709-256-3590 or [caroleann.macwhirter@forces.gc.ca](mailto:caroleann.macwhirter@forces.gc.ca) for information on Outreach Support Groups available.

### Warmline Calls

If your family is interested in the occasional contact to see how things are going while you're away, warmline calls are provided on an as needed basis determined by the family. The Deployment Support Coordinator will keep in touch and help with any issues that may arise. Remember this is a service that keeps your family connected and helps lessen the stresses of deployment.

### Free Mailing of Letters/Packages



While your loved one is deployed outside the country, the Gander Military Family Resource Centre will send your letters and packages free of charge. If you are in the Grand Falls-Windsor area, simply drop your parcel off at the Armouries. If you are in the Corner Brook area, you can also use the Armouries as a drop off point. If your

package is wrapped please make sure that the contents of the package is written on the outside of the package in the bottom left hand side.

### Free Mailing of Morale Packages for Family and Friends During the Christmas Season.

Canada Post will be offering the free mailing of Christmas Packages for Canadian Force Members deployed overseas during the Festive Season. Please remember that this service is for the family and friends of CF members to help boost morale during the Christmas holidays. The free mail service will start on October 26<sup>th</sup> and continue until mid January.

For more information about these services contact Caroleann @ (709) 256-3590.

### Central Area Deployment Support Upcoming Events for Fall 2009

October 15<sup>th</sup>, Outreach in Lewisporte, Cottlesville and Gander Bay.

October 27<sup>th</sup>, Outreach in Harbour Breton @ Southern Port Hotel, 7:00pm.

October 28<sup>th</sup>, Milltown, Deployment Support Presentation @ Bay D'Espoir Academy, @ 10:05am.

October 28<sup>th</sup>, Outreach in St. Alban's, presentation @ The Royal Canadian Legion @ 1:00pm

November 5<sup>th</sup>, Grand Falls-Windsor, Support Group Coffee @ Murph's Internet Café, 7:00pm.

November 5<sup>th</sup>, Grand Falls-Windsor, Deployment Support Presentation @ Sprucewood Academy.

November 7<sup>th</sup>, "Support Our Troops, Run To Remember" Woodland Primary Gym @ 11:00am.

November 12<sup>th</sup>, Support Our Troops Christmas Packages, Royal Canadian Legion @ 9:00am.

November 12<sup>th</sup>, Gander, Support Group Coffee @ Gander MFRC @ 7:00pm.

November 29<sup>th</sup>, Christmas Breakfast, Grand Falls-Windsor Support Group @ Murph's Internet Café, @ 10:00pm.

December 6<sup>th</sup>, Christmas Breakfast, Gander Support Group @ Sinbad's @ 10:00am.





# Deployment Support

CAROLEANN MACWHIRTER 256-3590

## Introduction of the “Be The Difference” Campaign, a great success!

Families from Central Newfoundland gathered at information sessions hosted by the Gander Military Family Resource Centre’s Deployment Support program for families going through the different stages of the deployment cycle. It has proven to be a great asset to network with various organizations to educate families in Central Newfoundland about services available. The more we educate families about the avenues they can take if experiencing difficulties; the more empowered they become to be able to handle these difficult times.

The introduction of this campaign; along with the guest speakers Steve Hurley from the OSISS Peer Support and Wanda Lewis, OSISS Family Peer Support program educated families about Mental Health issues and the work that is being done to support the CF members and their families. This presentation was well received and greatly appreciated by all who attended.

during this Christmas Season. If you are interested in purchasing a tribute for a special Canadian Forces member or family to show your support during the festive season, contact Caroleann MacWhirter @ 256-3590 or Lori Robillard @ 256-2971. A holiday tag will be displayed on the tree during the Christmas Season. Each tribute cost \$5.00 and the proceeds will be in aid of our Support Our Troops packages.

## Support Our Troops Christmas Packages

The Gander Military Family Resource Centre will be putting together our Support Our Troops Christmas Morale Packages for those CF members serving away from their families during the holiday season. This heartwarming activity will take place on Thursday, November 12<sup>th</sup> @ 9:00 am at the Royal Canadian Legion on Elizabeth Avenue. If you are interested in lending a hand to help prepare these packages please contact Caroleann MacWhirter @ 256-3590 or Lori Robillard @ 256-2971.



## 5 Kilometer Support Our Troops Run to Remember

The Gander Military Family Resource Centre along with

the Grand Falls-Windsor Deployment Support Group will be hosting a 5 kilometer walk or run to show support to our Canadian Force Members and Veterans. This run will take place on Saturday, November 7<sup>th</sup> at the Woodland Primary Gym, the registration fee is \$25.00 in which you will receive a Charitable Donation Receipt. Participants will receive a runners kit including a Support Our Troops hat. All proceeds will go towards the Morale Packages that we send throughout the year to the Newfoundland members deployed during the different holidays. To register call 256-2971 or via email [caroleann.macwhirter@forces.gc.ca](mailto:caroleann.macwhirter@forces.gc.ca).

## Support Our Troops Christmas Tree

The GMFRC will be having its “Support Our Troops Christmas Tree Campaign” again this year starting November 2<sup>nd</sup>, 2009. Due to the lack of space at the Centre this year; the Recreation Centre on the base will be hosting our tree



# Prevention, Support & Intervention

NUALA SNOWDEN 256-3642

## Introduction and Welcome from the GMFRC Social Worker

Like some of you who have recently been posted here, I am new to the community of Gander. After more than 20 years in the Toronto area I decided to move home to Newfoundland and was lucky enough to be the successful candidate for the Social Work position with the Gander Military Family Resource Centre.

Over the past 7 years I have been providing social work services and support for families in crisis in Ontario. I have a Bachelor of Social Work (BSW) degree and I'm registered with the NLASW (Newfoundland and Labrador Association of Social Workers).

I am currently attempting to attend as many groups as possible with other GMFRC staff; I look forward to meeting you all over the next several months. Please feel free to drop in to our offices to say hello.

The following services are available to you and your family free of charge through the Social Work/Prevention Support and Intervention Program:

## Short-term Counselling

Issues commonly addressed in these sessions could include:

- sadness, anxiety, depression and feelings of isolation
- stress and burnout
- grief and loss
- parenting challenges
- family adjustment issues such as blended families, single parenting and separation and divorce
- self-care
- family violence

## Workshops and Information Sessions:

I am just in the beginning stages of developing a list of topics of interest and potential guest speakers. If you have any ideas or suggestions regarding topics you might like to learn more about please contact me at 256-3642. Look for a list of workshops, dates, times and registration deadlines in our December issue of Alliance.

## Resource Library

A variety of educational books, pamphlets and other media resources addressing personal and family issues are normally available on site. Since our offices are currently under renovations and we are currently short on space, this resource library will be available again in the New Year.

## Confidentially

The profession of social work is regulated through our provincial and national governing bodies and social workers have strict ethical standards we must follow. Confidentiality is of the utmost importance within the field and information provided by you to a social worker is confidential except by law in the following circumstances:

1. You have signed a written consent form - the purpose of which you have been fully informed of (for example when a referral to other services and supports are required for you or your family).
2. There is a situation in which a child is at risk of physical, sexual or emotional harm or where the child's well-being is at risk.
3. You pose a risk of harm to yourself or another (homicidal or suicidal).
4. A subpoena for either verbal and/or written information has been made by the court about you or your family

(such as in a criminal or family court matter).

Please be assured I practice strict confidentiality practices and any information you should provide to me will be kept to such standards and ethics.

## Office Hours:

My office hours are 8:30 - 4:30, Monday to Friday and our office is closed between 12 and 1 for lunch. Please call my direct line at 256-3642 or visit our office at 117 - 119 Sullivan St. to see me about any personal matter or just to pop in to say hello. Please be advised I do not currently have access to confidential voice mail however I can be reached by email at [nuala.snowden@forces.gc.ca](mailto:nuala.snowden@forces.gc.ca).

## Current Issues/Topics of Interest:

Below you will find an article regarding Pandemic Planning and things to consider as we enter the beginning of flu season. We have all been hearing a lot about Swine Flu in 2009 and health agencies are telling us to prepare for a possible worsening pandemic for the 2009/2010 flu season. As you read the article, please consider which actions you feel may be appropriate in protecting yourself and your family this flu season. Calmly and reasonably preparing for the worst and hoping for the best should be sufficient in keeping you and your family healthy this flu season.

Please check the Central Health or Health Canada websites for updated information, particularly regarding flu vaccines this year.

Nuala Snowden, BSW, RSW  
Social Worker, Gander Military Family Resource Centre

# Prevention, Support & Intervention

NUALA SNOWDEN 256-3642

## Swine (H1N1) Influenza Pandemic:

An influenza pandemic is a widespread outbreak of disease that occurs when a new influenza virus appears that people have not been exposed to before. Pandemics are different from seasonal outbreaks of influenza. Pandemic influenza can cause serious illness and spread easily because people do not have immunity to the new virus.

This is especially true for persons born **after** 1957 as they were not exposed to H1N1 pandemic strains during two earlier pandemics.

H1N1 Flu Virus is a strain of the influenza virus that usually affects pigs, but which may also make people sick. H1N1 flu virus is a respiratory illness that causes symptoms similar to those of the regular human seasonal flu. H1N1 Flu Virus has been reported around the world, and the World Health Organization has declared it a pandemic influenza virus. The World Health Organization (WHO) estimates that this influenza pandemic could infect 15 to 30 per cent of the world's population.

The Key Planning Assumptions in The Canadian Pandemic Influenza Plan for the Health Sector anticipates that the influenza pandemic will occur in two or more waves (each wave lasting six to eight weeks) and the pandemic will last 12 to 18 months. Everyday life could be disrupted due to people in communities across the country becoming ill at the same time. These disruptions could include everything from school and business closings to interruption of basic services such as public transportation and health care. An especially severe influenza pandemic could lead to high levels of illness, death, social disruption and economic loss. A pan-

demically normally comes in waves and each wave can be expected to last approximately eight weeks.

### How influenza spreads:

People with influenza can spread it to others from the day before they feel sick up to seven days afterwards. Once you are infected with the influenza virus, it usually takes from one to three days before you feel ill. Most flu symptoms usually last four to seven days,



although a cough and general fatigue may persist for several weeks afterwards.

Influenza is highly contagious and spreads very quickly especially in crowded places. The influenza virus enters your body through your nose or throat when you:

- Breathe in droplets produced by the coughing or sneezing of people who are already infected with the virus.
- Touch your mouth, eyes or nose after hand-to-hand contact with infected people who have not washed their hands.
- Touching surfaces or handling objects contaminated by infected people.

The H1N1 flu virus can live outside the body on hard surfaces, such as stainless steel and plastic, for 24 to 48 hours and on soft surfaces, such as cloth, paper and tissues for less than 8 to 12 hours. It can only infect a person for up to two to eight hours after being deposited on hard surfaces and for up to a few minutes after being deposited on soft surfaces.

## Preventing H1N1:

The most effective way to protect yourself and others from influenza is to remember the three C's – **Clean, Cover and Contain**.

- **Clean** your hands regularly with soap and water or hand sanitizer.
- **Cover** coughs and sneezes with a tissue or cough or sneeze into the crook of your arm.
- **Contain** your illness by staying home and resting.

These three principles of personal hygiene will help keep you healthy and prevent the spread of bacteria and viruses to other people.

Other things you can do to prevent the spread of H1N1 are:

- Avoid touching your eyes, nose or mouth.
- If you blow your nose, carefully and promptly throw the tissues away into the garbage (and thoroughly wash your hands immediately afterwards).
- Frequently clean and disinfect household surfaces such as door knobs, light switches and countertops that may have been contaminated.
- Avoid mass gatherings as much as possible.
- Encourage all members of your household, especially children, to follow these practices.

## Get Prepared:

A pandemic normally comes in waves and each wave can be expected to last approximately eight weeks. We live on an island and are dependant on the shipment of many goods and services from mainland Canada. During the winter months, it is not uncommon to have extreme weather conditions. During a pandemic you may not be able to get to a store. Even if you can get to a store, it may be out of supplies.

# Prevention & Intervention

NUALA SNOWDEN 256-3642

Public utility services may also be interrupted. While the Government of Canada recommends that people prepare a 72 hour supply of goods in case of an emergency, you may consider other factors in determining the appropriate amount of supplies for you and your family, such as:

- Bottled water (1 to 3 liters per day per person).
- Non-perishable food (such as canned foods) that do not require refrigeration and is easy to prepare in case you are unable to cook.
- Medication (both prescription and nonprescription).

#### **In addition, consider gathering:**

- A first aid kit.
- light sources (flashlights, batteries, candles, matches).
- Emergency contact names and number.
- A battery operated radio and other emergency supplies (extra clothing, cash on hand, pet supplies).



#### **How to prepare your family and home for pandemic influenza**

##### **Possible disruptions you need to consider:**

As you plan, it is important to think about the challenges that you might face, particularly if a pandemic is severe. It may take time to find the answer to these challenges. The following are some situations that could be caused by a severe pandemic.

##### **Life changes when pandemic influenza strikes**

- Plan for the possibility that public services may be disrupted at hospitals and community services, banks, stores, restaurants, government offices, post offices and waste management.
- Prepare backup plans in case public gatherings, such as volunteer meetings and worship services, are cancelled.
- Consider how to care for children or dependent relatives in case the services they rely on are not available.

#### **Schools and child care centres may be closed**

- Talk with your child's school or care provider about their preparations and planning in the event of a pandemic.
- Plan home learning (school work), physical and recreational activities that children can do at home.
- Consider who could assist you with child care, elder care and care for pets.

#### **Transportation may be disrupted**

- You may not be able to travel to visit or take care of loved ones who are far away.
- Prepare backup plans for care of loved ones who are far away.
- If you car pool, consider other ways to get to work, or if you can, work at home.

For further information on pandemic planning and H1N1 connect to the following links:

[www.getprepared.ca](http://www.getprepared.ca),  
[www.centralhealth.nl.ca/pandemic-influenza](http://www.centralhealth.nl.ca/pandemic-influenza).

*The above information was obtained from On the Pulse – Fall 2009, Central Health*

## IMPORTANT PHONE NUMBERS



Ambulance	651-2111
Fire Department	256-1111
Alcoholics Anonymous	651-2001
Cara House	256-7707
CFMAP	1-800-268-7708
James Paton Hospital	651-2500
Kids Help Line	1-800-668-6868
Mental Health Crisis Line	1-888-737-4668
Military Police	256-1725
RCMP	256-6841
Poison Control	256-5552
Town Police	256-4065
Town of Gander Office	651-2930

# 27 CF Health Services Det Gander

26 CF H Svcs in Greenwood has reviewed the Medical Travel Benefits being applied to the support provided by 27 CF H Svcs Det Gander. This has been applied by the staff of the MIR since 1 April 08 on behalf of 26 CF H Svcs Greenwood. In order to inform all and assist in clarifying the amended benefits please read the entitlements.

## 27 CF Health Services Det Gander Health Related Travel Benefits

Health-Related Travel assistance is provided to CF members and entitled personnel as part of health care services that DND offers to entitled Military Personnel. CF compensation and benefits are fundamentally based on negotiated public service equivalents. Given that health care travel is not a recognized public service benefit, current Treasury Board rules for TD do not apply but may still be used as guidelines by health services authorities.

**The following procedure will be followed for all Health Related Travel for Reg Force, Reserve (over 180 days), Res F Class A injured while on Duty and Dependents of Reg and Res F (over 180 days) from 27 CF H Svcs Det Gander. The aim of this policy is to outline the many details for Health Related Travel from a semi-isolated posting.**

- Member must notify MIR prior to travel of medical appointment so that a claim can be initiated. **Authorization of Medical Appointment Travel** form must be completed in order to initiate travel claim. Member will be given a copy of **Medical Appointment Verification** form to have Doctor's office sign/stamp for verification and return to MIR.
- Member must sign travel claim prior to Section 32 Approval and then the original claim will accompany member for duration of trip (photo-copy will remain at MIR).
- Advance(s), PMQ (St John's), Govt vehicle or car rental and flights will all be booked by MIR.

## ENTITLEMENT AND BREAKDOWN OF COSTS ARE AS FOLLOWS:

### Military Members (Reg/Res F (includes Class A that were injured on Duty):

**Meals:**  
Per Diem Rates

**Incidentals:**  
Per day \$17.30

**Transportation:**  
Must use government vehicle, if member elects using POMV no entitlement for reimbursement, unless government vehicle is unavailable (WTn MSE decline number required) then POMV or rental will be authorized. (Cost comparison for POMV is rental vehicle + gas receipts up to a maximum of \$100.00 )(reimbursement will apply only to dated days of travel).

**Lodgings:**  
Military members entitled to commercial lodgings, PMQ (St John's) or non-commercial lodgings at a rate of \$50.00 per night.

**Escort:**  
If a member requires an escort he/she must provide a letter from the doctor. The escort will be entitled to meals but not incidentals.

### Dependent Travel (Reg and Res F over 180 days):

**Meals: (over 12 yrs)**

Breakfast	\$14.05
Lunch	\$13.50
Dinner	\$38.40
TOTAL	\$65.95

**Meals: (under 12 yrs)**

Breakfast	\$ 7.03
Lunch	\$ 6.75
Dinner	\$19.20
TOTAL	\$32.98

**Incidentals:**  
Per day No Entitlement

**Transportation:**  
Cost comparison to rental vehicle + gas receipts up to a maximum of \$100.00 (reimbursement will apply only to dated days of travel).

**Lodgings:**  
Dependents not entitled to commercial lodgings. Entitled only to PMQ (St John's) or non commercial at a rate of \$20.00 per night.

**Escort:**  
If a dependent (adult) requires an escort he/she must provide a letter from the doctor. The escort will be entitled to meals but not incidentals.

**Misc:**  
Travel to areas such as Clarendville, Grand Falls, Lewisporte, etc will not require gas receipts, a bus comparison and estimated taxi costs (\$8.00 each way) to bus depot will be used as cost comparison.

- Dependent travel for extended stay with an admission to hospital greater than one week
- Cost comparison (rental + gas receipt up to a maximum of \$250.00)
- Request for funding will be sent to Director Casualty Support Assistance (DCSA) Ottawa
- Housing \$15.00 per night
- Meals \$20.00 per day regardless of number travelling or in support of Dependant hospital stay

**NOTE: For situations that fall outside the guidelines above. Please contact the MIR staff. Queries or request for clarification can be directed to Ms Laliberte at Loc 1128 or Senior Med Tech at Loc 1204**

# Kids' Korner

NANCY CRITCHLEY 256-3561

## Children's Room Schedule

### Monday

Casual Childcare: 1:15—3:15

### Tuesday

Casual Childcare: 8:45—11:45

Creative Learning: 1:00— 3:15

### Thursday

Respite/Casual Childcare: 8:45 – 11:45

Creative Learning: 1:00— 3:15

### Friday

Friends & Company: 9:30— 11:30

## Creative Learning

The Creative Learning program is designed for children 3 to 5 years of age (they must be toilet trained). This program is semi-structured: it provides children with a variety of activities and materials, which the child is free to experiment creatively, through play and planned activities. They will develop a sense of independence, self-concept, and self-esteem. This program will help children appreciate being unique, get to know themselves, and feel good about sharing who they are. This program includes time for Gross Motor, Cognitive, Fine Motor, Creative Sensory and Imaginative Activities, which will help their overall growth and development. This essentially is a fun learning experience. These sessions are held Tuesday's and Thursday's from 1:00-3:15 pm. Spaces are limited so register your little one soon. Fees: 1 child \$4/session, 2 children \$6/session. Monthly fee 1child \$15/monthly session, 2 children \$22/monthly session

## Friends & Company

Friends & Company is a social opportunity open to everyone within the Military community, with or without children. The purpose of this program is to provide a stimulating environ-

ment through social activity and learning experiences for both adults and children alike. So come out and join us every Friday from 9:30 – 11:30 am to enjoy what our facility has to offer. We will try to offer a guest speaker once a month on different topics. If there is any topic you are interested in, please let us know. We will be holding this program at the base gym until further notice. No fee



On November 13, 2009 we will have someone from the Gander Public Library join us to talk about the benefits of reading to our children, when to start reading to them and some ideas to keep it fun.

## Casual/Respite Childcare

For any parent who may have an appointment, shopping or just need a break! You can drop off your child or children here at the GMFRC every Monday from 1:15 – 3:15, Tuesday and Thursday from 8:45 – 11:45 am. Preference will be given to families of deployed members on Thursday mornings. We ask that your child/children are picked up on time to allow staff time to prepare for the next program. This service includes 'quality childcare' and the opportunity for your child to socialize and interact with other children their age. To ensure this service we are requesting that you only book your child/children a week in advance due to limited spaces. Fees are \$4.00 hour/one child and \$5.00 hour for family.

## Child Care Providers

The GMFRC is currently seeking names of adult/teen childcare providers for daytime, evening, part-time or full-time services. We are in the process of updating our childcare registry. If you are interested in having your name and phone number added to this list please call Nancy at 256-3561

## Halloween Party

Date: October 25, 2009

Location: Royal Canadian Legion

Time: 2:00-4:00 pm

Cost: Free

Calling all Witches, Ghosts, Princesses and Scary Monsters! Come join us for a big blast. The GMFRC is hosting a Halloween Party. There will be prizes for the best pumpkin carvings, so bring them along. Don't forget to dress up, we will be having a prize for best dress family so bring your family for an afternoon of fun. There will be the very popular feely tank, (if you dare!) a coloring contest, treats and more. Please preregister by October 21<sup>st</sup> by calling the GMFRC at 256-2971 to ensure adequate amount of food and treat bags for the children. This event is free, so come out and have a **Spooktacular** of a good time.



# Kids' Korner

NANCY CRITCHLEY 256-3661

## Kids Fun Day

When: Nov 20  
Time: 7:45 am to 4:30 pm  
Where: Base Gym  
Cost: \$10.00 per child/\$20.00 per family  
Ages: Kindergarten to Grade 6

There is no school, so come join us for a day of fun. We will provide healthy snacks, but kids must bring own lunch. Remember we are peanut-free. Please dress appropriately for indoor (gym clothes, bathing suit) and outdoor activities. **You must register by Nov 14, 2009 by calling 256-2971**

## Swim and Pizza Night

Where: Base Gym  
Ages: 10 and up  
Time: 6:30-8:30 pm  
Cost: \$4:00

Come join us at the base gym for a dip in the pool and some yummy pizza. Remember you can bring a friend along or meet some new ones. Please register by November 18, by calling 256-2971.

## Items to Borrow

Here at the GMFRC, we have a large selection of children and family movies, reading and craft books, games and child care ideas (high chair, exerciser, play pens and more) for the CF community to borrow at a very low cost. If you are interested in viewing our selection, drop by the centre anytime between 8:30-4:30. Monday to Friday. I'm sure we will have something to interest your child and maybe find something for yourself in the process.

## Another view of time

While adults are worrying about the past and planning the future, children at play are absorbed in the present. They are more interested in looking at the rainbows in the oil slick on a puddle than in getting somewhere on time. This can be frustrating, but in fact there are benefits to slowing down to child speed. Many stress reduction techniques are based on the principle of focusing in the moment in order to relax from the constant pressures of daily life. Of course, some things do need to get done, but not always right away. If you can put aside your list of things to do for even a short time, you can think of your children's invitation to spontaneous play as your private, in-home stress reduction program.

## Gander Military Family Resource Centre Summer Camp 09'

I am so happy to have had the pleasure of working with such great co-workers and staff alongside with the children and their parents during this summer. Our time together has gone by so fast. Our days would begin with free time, followed by a craft and outdoor play. The afternoons were filled with the gym and waterslide (which the kids LOVED), as well as swimming in the pool. Whether the kids were just learning to swim, or starting to teach others to swim, every kid had a blast doing their own unique thing in the pool. There was nothing better than staying outside in the blistering sun on our hottest of days, zooming down the waterslide, drying off for a freezes, and then jumping in the pool.

Sheena, Stephen and I began planning themes a week prior to camp starting. We decided on nine different themes and potential ways we could put them into place. This included what activities, field trips, and games were associated with them. We have done EVERYTHING at camp, ranging from making ice-cream and birdfeeders, to water balloon fights and the waterslide. There were a large range of activities that we prepared to ensure each child would take memories from camp. The camp was definitely enjoyable for the kids, expanding their minds and educating them but at the same time providing them with time for their originality to come out for everyone to see.

During the first week of camp, Sheena, Stephen, and I planned and implemented a fun filled summer for the children ranging from ages 5 through 12. The idea was to keep them active and provide them with opportunity to explore things that they might not have the chance to accomplish otherwise. This included our field trips to Terra Nova, Newtown, 103 Search and Rescue Hangar, Thomas Howe Demonstration Forest, the RCMP and the Aviation Museum.

On a final note I would like to say that I have truly enjoyed my summer work experience with the Gander Military Family Resource Centre. I am glad to have gained so much from my position as Coordinator, including leadership and communication skills, thus allowing me to become a much more positive and outgoing person. I hope the children enjoyed their experience as much as I had and I look forward to seeing you all in the future.

*Patrick Keough, Camp Coordinator*



# IMPORTANT INFO

## Recreation Centre News

9 Wing Fitness and Recreation Centre Staff would like to extend a Warm Welcome to all New Members and Families to 9 Wing. For all your Fitness, Sports and Recreation needs please feel free to drop by the Fitness and Recreation Centre and speak to any of our staff. We have something for every one of all ages.

Things to look for in the Fall for the Family:

- ➡ Aerobics
- ➡ Swimming Lessons
- ➡ Tumble Time – (Preschool Play Time)
- Open Swimming
- Water Aerobics
- Adult Recreation Volleyball

Things to look for in the Fall for the Military Member

- ➡ Morning Fitness Classes
- ➡ Morning Floor Hockey
- ➡ Noon Hour Shiny Hockey
- ➡ Sports Days
- Men's Basketball & Hockey with the Gander Leagues.
- Water Aerobics
- Lap Swimming
- Running Club

Outdoor Recreation Equipment available for Loan/Rent include:

- Adult Bikes
- Canoes
- Kayaks
- Golf Clubs

If you would like your **home** email address added to the Rec Centre Distribution List please email me ... [woolfrey.nancy@forces.gc.ca](mailto:woolfrey.nancy@forces.gc.ca) this will allow us to give you any changes, cancellations and/or updates to our scheduled programs.

Nancy Woolfrey  
Fitness, Sports &  
Recreation Coord  
Ext. 1409



## Health Promotion 2009 Fall Schedule

### Weight management Mondays at 6:30pm

#### October – Healthy Workplace Month

- Oct 19-23 Safety in the workplace
- Oct 26-30 Sit Easy
  
- Wk of Nov 9-13 Grocery store tour
- 1 day Suicide Intervention workshop week of November 23-27
- Nov 16-20 Addictions Week Look for posters and emails concerning events for the week
- Dec 1st Healthy Holiday Lunch and learn
- Healthy photo contest Nov 23 – Dec 11
- January 2010 Butt Out Program 9 weeks
- January 2010 Weight Wellness Course
- January 2010 31 day Wellness challenge



Contact: Sharon Canning local 1469  
Health Promotion

Congratulations to Sgt Trudy Grandy who has received a Letter of Appreciation from DFHP for her support of the HP program. Thank you so very much Sgt Grandy for all of your support in the health promotion programs here at 9 Wing. Without your enthusiasm for all of the programs offered they would not be so successful. You are definitely part of the team!

Please drop by my office located in the Rec. Centre (bld 35) to discuss any topics concerning healthy living. From Social Wellness, to Nutritional Wellness and Addictions, I am able to provide you with the information you are looking for. In order to keep up with current events check my web site often at:  
[http://gander.mil.ca/din\\_locl/psp/Health%20Promotions/index.htm](http://gander.mil.ca/din_locl/psp/Health%20Promotions/index.htm)

Sharon B. Canning  
Health Promotion Director/Directrice en Promotion de Santé

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# IMPORTANT INFO

**W**ell here I am in my new role as the IPSC Services Coordinator. I am learning all new acronyms and a whole different side of DND. What I hope to do in this article is give a brief introduction to the Integrated Personnel Support Centre (IPSC) St. John's; a little history of the JPSU/IPSC, an overall picture of the program and services offered through the IPSC, and some introductions of IPSC staff.

As a result of a SCONDVA recommendation, The Centre stood up in Ottawa in 1999 as a partnership between DND and Veterans Affairs Canada. There were 11 people employed at The Centre and their mandate was to assist with the issues surrounding ill and injured CF personnel.

Commencing primarily in the fall of 2006, attention was focused on developing and providing a CF "safety net". In Apr 07, a CANFORGEN announced the stand-up of nine DCSA Detachments at bases across the country. These Detachments were intended to enhance the services already present by fostering a cooperative working environment among service providers and providing an outreach function for units located at remote locations. These detachments were a beginning but there was more work to be done.

In February 2008, CMP hosted a two-day national symposium on Casualty Support Lessons Learned. Key stakeholders in the casualty support process were brought together to discuss issues of collective concern regarding the lessons learned and the way ahead in the conduct and delivery of casualty support. The participant group of approximately 450 individuals also included casualties who were discreetly embedded. The symposium provided considerable feedback on the successes of individual locations and highlighted the need for a national level approach so that all injured and ill personnel are provided with an improved level of care built on the successes of isolated initiatives. In addition to the desire for a national level of unit management, one other common message heard during the symposium was the benefit of having support services co-located at bases and wings. Hence the IPSCs were created.

The primary objectives of the IPSC is to provide a CF/VAC integrated "one-stop service" for all injured and ill CF personnel and their families;

The core functions of IPSCs are Return to Work (RTW) Program coordination; Outreach delivery; Casualty Tracking; Client and advocacy services. There is a support platoon structure in place to provide military leadership, supervision, and administrative support for all injured and ill personnel posted to a JPSU. The IPSC works with many partners. The CF padre will be collated at the IPSC. There will be Veterans Affairs Canada presence at the IPSC as well as CF Case Management services, and liaison with the Military Family Resource Center.

In upcoming issues I will provide more details on the programs. In the meantime if you are interested in finding out more about your local IPSC, please feel free to drop in 2nd floor building 309 or call Lori (IPSC Services Manager) 570-4993 or Michelle @ 570-4998 (IPSC Services Coordinator).

*Michelle Green*  
IPSC Services Coordinator

## **Veterans Affairs Canada helping Veterans and their families' transition to civilian life**

Andrew Manthorne knows first-hand the challenges of returning to civilian life following military service.

Following his medical release in May 2005, he went to Veterans Affairs Canada for help and qualified for benefits and services under the New Veterans Charter (NVC).

A vocational rehabilitation professional found Andrew had the training and skills to find a new job and helped determine the most suitable jobs for him, given his education, skills, and physical abilities. They then worked together to ensure he had the support he needed to find the most suitable job.

Andrew credits his experiences with VAC and VAC's Rehabilitation Program with helping him secure a challenging job he enjoys—a manufacturing resource position with Frito Lay Canada. "I can always count on the personnel at VAC to respect me and be that helpful voice that I can call when I need to."

A wide range of services are available depending on each Canadian Forces Veteran's unique circumstances and needs. Often, there may be other challenges that need to be addressed before finding a job—something with which the Rehabilitation Program can also help.

The Rehabilitation Program offers a number of services, including:

**Medical services** to stabilize and restore health, make it easier to cope, and help the body and mind to function as well as possible. Services may include: medication, physiotherapy, and addictions treatment.

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# IMPORTANT INFO

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**Psycho-social services** to help restore independence and adapt to a new situation. Services may include: pain management, and psychological counselling for the individual, their family, or as a couple.

**Vocational services** to help learn if military skills and education can be transferred to a similar civilian job. Services may include: vocational counselling and evaluation, help to find a job, possible support for training.

Medically-releasing CF members and CF Veterans with a service-related injury or condition may be eligible for rehabilitation services. In certain cases, spouses, common-law partners, and survivors may also access vocational services.

On May 21, 2009, the Honourable Greg Thompson, Minister of Veterans Affairs, announced that CanVet VR Services will provide the vocational components of VAC's broader Rehabilitation Program. This new contract will provide consistent and efficient service for clients nationwide.

To learn more visit [www.vac-acc.gc.ca](http://www.vac-acc.gc.ca) or call 1-866-522-2122 (English) or 1-866-522-2022 (French).



## HALLOWEEN SAFETY TIPS FROM MILITARY POLICE

Children can suffer a variety of injuries during Halloween. Although Halloween activities should be fun and harmless, they could also be dangerous. The weather, darkness, and excitement of the night can create dangerous situations for children. Here are some tips to make Halloween a fun, safe and happy time for Treat-or-Treaters.



### General Tips

Prior to Halloween night choose a route for your child's trick-or-treating. Set a time for children to return home. Children should be accompanied by an adult. Use face paint rather than masks or things that will cover the eyes. Provide yourself or the children with a flashlight to see better and to be better seen. Visit homes that have the porch light on. Teach children to stay in well-lit areas and only visit houses with the outside light on. Remind children to walk, slither, and sneak on sidewalks - not in the street. Remind your trick-or-treater to walk, never run.

### Falls

Costumes should be short enough to avoid tripping. Never allow children to carry sharp,

dangerous props such as knives or swords. These could cause injuries in a fall.

Remove obstacles in your yard that could be hazards for trick-or-treaters in the dark, such as tools, toys, and lawn ornaments.

### Motor Vehicle

When driving in residential areas slow down and be on the lookout for children.

Add reflective tape to costumes and bags to make your child visible. Teach your children how to cross the road safely.

Children under the age of nine must be accompanied by a responsible adult or older child when crossing the street.

### Burns

Ensure all costumes, wigs, and hats are made of fire-resistant materials. Ensure children are not playing near Jack O'lanterns which are lit. Keep lit Jack O'lanterns out of the way of trick-or-treaters and away from curtains and other flammable materials.

### Treats

Remind children not to eat their treats and goodies until they are examined by an adult at home. And candy should not be eaten if the package is already opened. Small, hard pieces of candy are a choking hazard for young children.

Have snacks with you to prevent a hungry child from eating their treats. Cut fruit open before eating.

### References:

[http://www.safecanada.ca/link\\_e.asp?category=21&topic=133](http://www.safecanada.ca/link_e.asp?category=21&topic=133)  
<http://archive.safety-council.org/info/child/halloween.htm>  
<http://www.redcross.ca/article.asp?id=006884&tid=021>

**MCpl Frank DOMINIX**  
**9 Wing Gander**  
**Military Police Section**

# PRIVACY CODE

The **Gander Military Family Resource Centre** has adopted the *Privacy Code for Military Family Services Programs*, developed by the Director Military Family Services (DMFS) to assist Military Family Resource Centres in protecting the personal information of Canadian Forces members and all other clients using the GMFRC services.

The Privacy Code for Military Family Services Programs is a tailored version of the Canadian Standards Association Model Code for the Protection of Personal Information-CAN/CSA-Q830-96. The 10 principles contained within the CSA Code reflect universal fair information practices that combine individual privacy rights with strong obligations to protect personal information collected by organizations.

Upon Adoption of the *Privacy Code for Military Family Services Programs* the GMFRC must identify the purposes for which information will be used or disclosed, and obtain the consent of the individual for those purposes before any information can be collected. Under this code, every individual about whom the GMFRC may hold personal information has a right to inquire what specific information is held and for what purposes it is used. Individuals also have a right to access their information, to have it amended if it is inaccurate or incomplete, and to challenge the purposes for which the information is collected, used or disclosed.

The 10 principles establish core privacy rights for the service group and their families, as well as employees, voluntary staff, and any other individual about whom the Gander Military Family Resource Centre collects, uses or discloses personal information.

The 10 principles are summarized below, for further information on the *Privacy Code for Military Services Program* please contact the Gander Military Family Resource Centre.

## **Principle 1- Accountability**

MFRCs are responsible for personal information under their control. The Director of an MFRC shall be accountable for the MFRC's compliance with the following principles.

## **Principle 2- Identifying Purposes**

The MFRC shall identify the purposes for which personal information is collected at or before the time the information is collected.

## **Principle 3- Consent**

The knowledge and consent of the individual are required for the collection, use, or disclosure of personal information, except where inappropriate.

## **Principle 4- Limiting Collection**

The collection of personal information shall be limited to that which is necessary for the purposes identified by the MFRC. Information shall be collected by fair and lawful means.

## **Principle 5- Limiting Use, Disclosure, and Retention**

Personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law. Personal

information shall be retained only as long as necessary for the fulfillment of those purposes.

## **Principle 6- Accuracy**

Personal information shall be as accurate, complete, and up-to-date as is necessary for the purposes for which it is to be used.

## **Principle 7- Safeguards**

Personal information shall be protected by security safeguards appropriate to the sensitivity of the information.

## **Principle 8- Openness**

MFRCs shall make readily available to individuals specific information about policies and procedures relating to the management of personal information.

## **Principle 9- Individual Access**

Upon request, a member/family, MFRC staff or third party shall be informed of the existence, use, and disclosure of his or her personal information and shall be given access to that information. An individual shall be able to challenge the accuracy and completeness of the information and have it amended as appropriate.

## **Principle 10- Challenging Compliance**

A member/family, MFRC staff or third party shall be able to address a challenge concerning compliance with the above principles to the Director of an MFRC who is accountable for the MFRC's compliance.

## **CHALLENGING COMPLIANCE**

A member / family, MFRC staff or third party shall be able to address a challenge concerning compliance with the Principles under the Privacy Code to the Executive Director who is accountable for the GMFRC's compliance.

If you have a concern about the manner in which the information is held or is obtained with regards to personal information, the following steps will take place.

1. The member / family will make a formal complaint in writing or verbally to the Executive Director.
2. The Executive Director will investigate complaints.
3. If the complaint is found justified, the Executive Director will take appropriate measures, including, if necessary amending procedures.
4. The Executive Director will consult with DMFS on issues involving the interpretation of this code an MFRC's compliance with the code.

If the complaints are not handled to the satisfaction of the member / family the complaint will be referred to the Chairperson of the Board of Directors who shall in turn consult with the Director Military Family Services (DMFS). If the Board of Directors can not resolve the complaint, then the individual will be provided with the necessary information to refer the matter to DMFS.

# Your Opinion Matters

A comments section has been inserted in this edition of the Alliance. Please feel free to let us know what your opinion is on the different services and programs provided by the GMFRC. Your feedback helps us to identify your needs as a community and to evaluate our programs and services in order to better serve you. Feel free to return your comments to us by mail, fax or email or by dropping them at the Centre.



*My Comments:*

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*Mail to:  
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## Alliance

The Views and opinions expressed herein are those of contributors and do not necessarily reflect the views of the Department of National Defence, the Base Commander, or the GMFRC Executive Director. The Editor reserves the right to edit copy to suit the aims of this publication as directed by the GMFRC Executive Director.

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